

## Easy and Economical Snack Ideas

The prices used for this study were obtained on December 29, 2005, from the most economical brands and package sizes available at the Albany Hannaford Market.

Snack	Food Item (Portion size)	Purchase Price	Purchase Amt.	Purchase Unit	Cost/ Portion Size	Total Snack Cost/Portion
<b>2 Cheese Pizza Muffins</b>	Eng. Muffin (1 muffin)	\$0.79	6	muffins	\$0.13	<b>\$0.37</b>
	Mozz Cheese (1 oz)	\$2.99	16	ounces	\$0.19	
	Pizza Sauce (1oz)	\$0.79	15	ounces	\$0.05	
<b>1/2 Cheese Sandwich w/ Lettuce &amp; Tomato</b>	Am. Cheese (1 oz)	\$11.29	80	ounces	\$0.14	<b>\$0.36</b>
	Lettuce- fresh (1/8 C)	\$0.84	16	ounces	\$0.05	
	Tomato- fresh (1/8 C)	\$1.99	16	ounces	\$0.12	
	Bread (1 Slice)	\$0.99	24	slices	\$0.04	
<b>Grapes &amp; Graham Crackers</b>	Grapes- fresh (3/4 C)	\$1.79	16	ounces	\$0.51	<b>\$0.64</b>
	Graham Crackers (4 squares)	\$1.99	60	squares	\$0.13	
<b>1/2 Bagel with Grape Jelly &amp; 1% Milk</b>	Bagel (1/2)	\$0.89	12	bagel halves	\$0.07	<b>\$0.25</b>
	Grape Jelly (1 T)	\$1.19	45	Tbs	\$0.03	
	1% Milk (8 oz)	\$2.39	128	ounces	\$0.15	
<b>1/2 Egg Salad Sandwich &amp; Orange Juice</b>	Egg (l large)	\$1.39	18	eggs	\$0.08	<b>\$0.29</b>
	Mayonnaise (1T)	\$1.89	32	ounces	\$0.03	
	Bread (1 Slice)	\$0.99	24	slices	\$0.04	
	Orange Juice (6 oz)	\$2.99	128	ounces	\$0.14	
<b>1/2 Turkey &amp; Cheese Sandwich &amp; 1% Milk</b>	Turkey (1/2 oz)	\$6.99	16	ounces	\$0.22	<b>\$0.48</b>
	Am. Cheese (1/2 oz)	\$11.29	80	ounces	\$0.07	
	Bread (1 Slice)	\$0.99	24	slices	\$0.04	
	1% Milk (8 oz)	\$2.39	128	ounces	\$0.15	
<b>1/2 Tuna Salad Sandwich &amp; Fresh Pear</b>	Tuna fish (1 oz)	\$0.69	6	ounces	\$0.14	<b>\$0.60</b>
	Mayonnaise (1T)	\$1.89	32	ounces	\$0.03	
	Bread (1 Slice)	\$0.99	24	slices	\$0.04	
	Fresh Pear (1 each)	\$1.29	16	ounces	\$0.39	
<b>Cornflakes Cereal &amp; 1% Milk</b>	Cornflakes (1 Cup)	\$1.39	18	cups	\$0.08	<b>\$0.23</b>
	1% Milk (8 oz)	\$2.39	128	ounces	\$0.15	
<b>String Cheese &amp; 1 Wedged Apple</b>	String Cheese (1 oz)	\$5.49	24	each	\$0.23	<b>\$0.58</b>
	Apple ( 1 each)	\$1.29	16	ounces	\$0.35	
<b>Toasted English Muffin Halves with Peanut Butter &amp; Grape Jelly &amp; Apple Juice</b>	Eng. Muffin (1 each)	\$0.79	6	muffins	\$0.13	<b>\$0.36</b>
	Peanut Butter (2 T)	\$4.79	114	Tbs	\$0.08	
	Grape Jelly (1 T)	\$1.19	45	Tbs	\$0.03	
	Apple Juice (6 oz)	\$2.49	128	ounces	\$0.12	

Note: Snacks without a beverage listed above would be served with water.

Portion sizes based on 6-12 year old meal pattern.

Calculations referenced from the *Food Buying Guide*.

<b>Price Range</b>	<b>\$0.23 - \$0.64</b>
<b>Average Snack Cost</b>	<b>\$0.42</b>